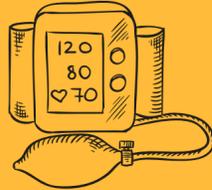


# Top 10 Tips: Know Your Numbers



Blood sugar levels should be monitored to reduce risks of diabetes.



Get blood pressure tested every 5 years  
Healthy blood pressure = **90/60 - 120/80**.



Cholesterol can be measured at the Pharmacy, GP Surgery, or a home testing kit



Exercise: 150 minutes per week of moderate intensity activity or 75 minutes per week of vigorous intensity activity



Generally speaking, healthy BMI = **18.5 - 24.9**



Healthy cholesterol =  
<5 Total  
<3 for LDL  
<4 for non-HDL,  
>1 for HDL



A rough guide for daily calorie intake =  
**2000 for women**  
**2,500 for men**  
But depends on many other factors



Alcohol: <14 units per week  
6 pints of low strength lager  
4.5 pints higher strength beer  
7 glasses of wine



Cholesterol reducing foods include food rich in unsaturated fat, fruit and veg, oats and barley, nuts and soya foods.



Blood pressure, blood sugar, cholesterol and BMI are all managed through regular testing, healthy eating and exercise.